

Wonder Body™: Move Better, Feel Better

The Benefits of Daily Mobility



Beyond Just Flexibility

Supports healthy posture, increases joint mobility, and helps you move comfortably every day.

Calms the Nervous System

Gentle movement combined with focused breathing promotes relaxation and effective stress management.



"Consistency is More Important Than Intensity"

Just 5-10 minutes a day creates more lasting change than occasional intense sessions.



The 8-Minute Daily Routine

Hold Every Stretch for 30 Seconds

Complete a circuit of neck, shoulder, chest, hamstring, quad, and calf stretches.



Neck



Shoulder



Chest



Hamstring



Quad



Calf

Prioritize Spinal Mobility

Use "Cat-Cow" and "Child's Pose" to improve movement through the back and shoulders.



Cat



Cow



Child's Pose

Find the "Gentle Tension" Zone

Move slowly without bouncing; stretch until you feel tension, but never pain.



Data Table

Quick Reference Guide



Upper Body:
Neck, Shoulder, & Chest | 30s Each



Lower Body:
Hamstring, Quad, & Calf | 30s Each



Full Body:
Cat-Cow & Child's Pose | 30s Each